

Assisted living Advisor

A resource for assisted living providers serving low income seniors

Volume 2, Issue 4

August 2006

FOUR NEW PROGRAMS BREAK GROUND

The first health care provider to seek funding under the Low Income Housing Tax Credit (LIHTC) Program recently broke ground for four affordable assisted living programs (ALPs) funded in the 2006 LIHTC allocation. Care Initiatives, based in West Des Moines, owns and operates nursing homes and assisted living programs in 53 locations throughout Iowa.

"The tax credit program is the most viable funding source for affordable assisted living options in small communities," said Mike McDaniel, Senior Executive Vice President

and Chief Financial Officer for Care Initiatives. "Without the equity provided through the tax credit program, these services would not be available. The program fills a critical need for affordable assisted living in small communities for many Iowa seniors who depend on state assistance to meet their housing and health care needs," he added.

Care Initiatives will add small ALPs to existing nursing homes in Panora, Lamoni, Odebolt and Dunlap. The programs, ranging in size from eight to 12 units, will focus on providing services to low- and moderate-income seniors.

The equity provided through the LIHTC program helps to reduce the cost of rents, making the units affordable even to seniors with very low incomes. The lower rents also allow seniors to qualify for various rent subsidy programs. Qualifying seniors may also

receive assistance with personal and health-related care through Iowa's Medicaid Program.

Attaching a small program to a nursing homes helps to ensure its viability. The ALP can comply with the AL law requiring 24-hour-a-day staffing (within a five-minute response time) by sharing staff with the nursing home.

"On behalf of all our employees, we are very excited to participate in this program with IFA. We are proud to be able to bring highly needed services to smaller communities," said McDaniel.

IFA believes the tax credit program will increase in popularity as health care providers begin to identify an increasing need to provide health care alternatives to low- and moderate-income clients in their communities.

"We are very pleased to partner with Care Initiatives to create this unique assisted living model in small communities," said Jenny Knust, Affordable Assisted Living Coordinator.

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Regulatory Reminders

AL law overrides current rules

There is currently a discrepancy between Iowa assisted living law (231C) and assisted living administrative rules (IAC 321, Chapter 25). DEA will rectify the discrepancy when rules are rewritten in the near future. Providers should carefully review current AL law (giving special attention to 231C.16A, Medication Setup), to ensure they are in compliance.

AL code can be found at www.legis.state.ia.us. Select "Iowa Law," from the tool bar on the left, then "2005 Iowa Code and Merged Supplement," at the top of the page. Place "231C" in the "Chapter. Section" search box and click, "submit."



Lamoni Groundbreaking

L to R: Bob Conlon VP of Operations, Care Initiatives; James Wilson, NH Administrator; Christy Hofsaess, Payment Systems Director, Care Initiatives; Lamoni Mayor Kirk Bjorland; and Mike McDaniel, Senior VP, Care Initiatives

EDUCATING TENANTS ABOUT FIRE SAFETY



LIFE SAFETY TIPS FOR AL PROVIDERS

Provided by
Craig Swartzbaugh
 Construction Analyst
 Iowa Finance Authority

Q: Who is responsible for fire safety?

A: While tenants and the owner (or designee) must take responsibility for fire safety, ultimately it is the owner's responsibility, according to National Fire Protection standards. Every tenant in an apartment building should know what to do in the event of an emergency. The owner or designee should routinely provide fire safety information to tenants.

Q: What causes most apartment fires?

A: The following are the leading causes of apartment fires:

- Cooking
- Heating equipment such as stoves or space heaters
- Storage of combustible and flammable materials in mechanical rooms
- Smoking materials
- Arson, including children playing with fire.

Q: How will I know if there is a fire?

A: Your building should be equipped with smoke detectors, lighted exit signs, emergency egress lighting and other fire components.

Learn to recognize the sound of the fire alarm, and leave the building immediately when you hear the alarm, as fire may be present in any part of the building.

Test the smoke detectors monthly within your apartment and never remove the batteries. The smoke detector can not save your life if it is not working. Alert staff immediately if you hear the "chirping" that means your battery needs to be replaced.

If something is burned in the kitchen, fan the area around the smoke detector to disburse the smoke and quiet the smoke detector. **Never remove the battery!**

Q: What's the fire plan for my apartment building?

A: Floor plans and evacuation procedures should be posted on every floor. Take time to learn them.

Develop and practice your fire safety plan. Know the two quickest and safest ways out of your building.

Practice your escape plan regularly so you know what to do in an emergency. When possible, assist people with disabilities who may need assistance in evacuating.

Q: What do you do if a fire occurs?

A: When you hear the alarm, shut off any appliances you are using (i.e., stove or toaster) and exit your apartment immediately. Your program may ask you to place a pillow or other personal item outside the door to show you have exited the apartment. Staff will also use a tenant roster to ensure everyone has been safely evacuated.

Know the evacuation routes out of your apartment to the exterior of the building in two directions. Know where and how to use a fire extin-

guisher. (Pull the pin, aim at base of the fire and pull the trigger.)

If your apartment or the hallway is filled with smoke, crawl to avoid smoke inhalation.

If you need to pass through an interior door to exit, feel it before opening to ensure that it is not hot. If the door is hot, there is fire on the other side, and you should not open it. Choose your second route of exit and follow the same procedure. Staff members will assist tenants and may provide you with additional instructions.

If there is smoke and fire outside your apartment door, place wet towels at the base of your door. If you are on the first floor, you can utilize your window to exit the building. If you are above the first floor, wave at the window to alert fire fighters that you need to be evacuated. Never break the glass out of the window. The oxygen entering the unit may fuel the fire.

Do you know.....

What to do if a fire breaks out in your apartment?

Where the fire alarm closest to your apartment is located?

Where the nearest fire extinguisher is located?

How to use the fire extinguisher?

Where the fire doors in your hallway are located?

If you have a neighbor who might need assistance evacuating?

Your ALP is required by law to conduct at least six fire drills each year?

Some fire drills have to be conducted during the evening and night shifts?

This tenant safety guide can be reproduced and used as a teaching tool for new tenant orientation or as an interactive activity for your resident council.

TWO NEW RESOURCES AVAILABLE

The Iowa Finance Authority is pleased to provide consumers and assisted living providers with two new resources. IFA has created a pictorial directory of all purpose-built ALPs in Iowa. This directory includes a picture of the facility, information about the location city, and contact information for the program. Many programs also provided a floor plan of an apartment.

The second resource is a listing of assisted living programs in Iowa that indicated they have some level of interest in serving low- to moderate-income seniors seeking assisted living services. Many market rate as-

sisted living programs are currently serving Medicaid-eligible seniors in their programs. The list, sorted by county, includes any stipulations the ALP might have for accepting Medicaid-eligible clients (i.e., income limits, two-year private pay prior to acceptance, etc.).

Both resources are available on the IFA web site at www.ifahome.com. Choose, "Housing Programs," then "Affordable Assisted Living." The documents are located near the top of the page, under "Additional Information About Affordable Assisted Living."

AFFORDABLE AL EDUCATION OFFERED

The Iowa Finance Authority, in conjunction with affordable assisted living providers, will offer educational sessions to interested individuals and organizations on August 23. The sessions, open to the public, will be hosted by Walden Point, Iowa's newest affordable assisted living program. Walden Point is located at 1200 Fourth Street in Des Moines.

The sessions will include an overview of the history and current status of the affordable assisted living model, as well as a review of the funding sources utilized to create the programs. Tours will be offered prior to the sessions, and staff from several affordable assisted living programs will be available to answer questions about the day-to-day operation of an affordable assisted living program.

Educational sessions will be held from 10 to 11:30 a.m. (tours at 9:30 a.m.) and 2 to 3:30 p.m. (tours at 1:30 p.m.). There is no cost for the sessions. Attendees are asked to RSVP to Jenny Knust by phone at 515.242.4748 or by e-mail to jenny.knust@iowa.gov. Please let Jenny know which session you prefer to attend.

"CENTERS FOR EXCELLENCE" UPDATE

The Iowa Finance Authority is entering the last year of the "Centers for Excellence" grant, funded by the USDA Rural Community Development Initiatives program. The grant, originally funded from 2003 to January 2006, was extended through March 2007.

Through the grant, IFA has provided technical assistance to grantees interested in developing an affordable ALP. Four of the original 13 grantees have brought an ALP to fruition during the grant period. Assisted living programs in Lansing, Decorah, Monona and Adel

are open and providing desperately needed assisted living services to low- to moderate-income seniors in their communities.

In the final eight months of the grant, efforts will be focused on the creation of a web-based "Centers for Excellence." The web site will chronicle the creation of the Monona and Adel affordable assisted living programs, as well as Cedar Place in Story City. The "Centers for Excellence" web site will provide individuals and organizations interested in creating an affordable assisted living program with tools to make the process easier.

NEGOTIATED RISK A MYSTERY?

If you're confused about when the use of a negotiated risk agreement is appropriate, you're not alone. Many providers share your confusion. Ann Martin, Department of Inspections and Appeals, and Terry Hornbuckle, Department of Elders Affairs, will present a session on this important topic at both the Iowa Assisted Living Association (August 30) and the Iowa Center for Assisted Living (September 27) conferences.

IFA is moving!

At the end of September, IFA will be relocating its offices from 100 E. Grand Avenue to 2015 Grand Avenue, Des Moines, Iowa, 50312. Remodeling of our new home is underway, and we anticipate we will be fully relocated by October 1. The toll free number will remain the same (800.432.4957) but our new main number will change to 515.725.4900. All employees will have new phone numbers. We will provide those numbers via newsletters and e-mail as soon as they are available. E-mail addresses will not change. We appreciate your patience during the transition.

PUBLISHED BY THE IOWA FINANCE AUTHORITY

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The Iowa Finance Authority is committed to providing opportunities for individuals and organizations to expand housing opportunities to low and moderate income families and individuals. Jenny Knust, Affordable Assisted Living Coordinator, serves as a technical advisor to programs seeking to serve low to moderate income seniors in the assisted living environment. The position is funded by a grant from the US Department of Agriculture, Rural Community Development Initiative. This publication is designed to serve as a resource for RCDI grant recipient organizations and others who are developing and/or managing affordable assisted living programs.

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Visit our website at
www.ifahome.com
(look under "Senior Living," and
"Affordable Assisted Living")

EDUCATION IS ESSENTIAL

Three great educational opportunities coming up soon!

Iowa Caregivers Annual Conference

ICA will host its annual conference, "ICA Kick-Off to Quality Care: First and Tend," at the Sheraton in West Des Moines on September 11 and 12, 2006. The target audience includes certified nurse assistants, home health aides, patient care technicians, personal assistance, family caregivers and other direct care workers.

The conference will also include a presentation of awards on Monday, September 11, 3:45 to 5 p.m. The registration fee for both days is \$75 for members and \$200 for non-members.

The conference brochure and registration information can be found at www.iowacaregivers.org, or by calling 515.241.8697.

Iowa Assisted Living Association 2006 Annual Conference & Trade Show

"Keeping the Tenant in the Driver's Seat—Senior Life at its Best!" is the theme for the 2006 IALA annual conference, to be held August 29 and 30 at Adventureland Inn in Altoona.

IALA President, Allen Phillips, will kick off the conference at 1 p.m. on August 29. Session topics include, "Developing a Comprehensive Wellness Program," "Managing and Building Trust," and "Autonomy and Managed Risk," as well as a rules and regulations update by the Department of Inspections and Appeals and the Department of Elder Affairs.

The cost of the day and a half conference is \$149 for members and \$299 for non-members. For registration information, call Shellie at 515.278.8700.

Iowa Finance Authority Housing Conference

The Iowa Housing Conference will be held on September 19 and 20, 2006, at the Hotel Fort Des Moines in Des Moines. The conference, designed especially for housing developers, realtors, property managers, government and non-profit housing organizations, realtors and social service providers, will feature top-notch speakers and three "tracks" focusing on home ownership, affordable rental, and special needs housing.

"Building a Framework for Success," will offer a fantastic educational and networking opportunity for anyone interested in housing issues. Registration information is available at www.ifahome.com. Select, "What's New," then "Iowa Housing Conference." The cost of the two-day conference is \$100 if postmarked before August 21 or \$150 after that date.